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Mr. John Griscom Thinks a Thirty Days Fast an Insignificant Matter-Sucei and His Elixir-Fasting as a Remedial

fasted forty-five days in Chicago in 1881. was in town, a reporter from this paper called on him for a talk on the subject. He said that in the last twenty years since he made the 'subject a special study, he has fasted at least fifty times, the periods being all the way from two and three weeks to thirty days, besides his celebrated fast of forty-five days

which is the longest time on record.
"In fact, I have fasted these periods so many times," he added, "that I consider a fast of twency-five or thirty days as an insignificant matter. For such a period it requires no special effort or endurance -it is consistent-for there is no apparent change in a person who goes at it in the right way nor any depletion. From my experience I regard it as a natural thing, and as easy to fast twenty-five or thirty day as three days. I have often gone without food for twenty-one days. and have shown no sign of having gon without a meal.

"What about others you know of who "Well, there is Dr. E. P. Miller, of this city, who tells me he fasted twenty-three days, and the people in the hotel where he was living did not know of it. He kept at his work right along and it did not affect him at all. This is entirely contrary to Tanner's fast, over which so much was made here, which was one of supreme endurance. Another man whom I have met who fasted was a very unusual and remarkable case. He went by the name of Budd Henry. He was cap-tured by the Indians and put in a cave where his surroundings were so disagreeable that he could not eat a mouth-ful. He fasted in this way thirty-nine and three-quarter days before he effected his escape. A remarkable result followed. He developed a wonderful mental ca-pacity and astonished every one by it. But this was an entirely exceptional

SUCCI AND HIS ELIXIR. "What do I think of Succi and his elixir, a drop of which enables him to fast forty-eight hours? Though I think such a thing would be a very beneficial discovery, I take no stock in it. As to Fisher, whose elixir it is claimed will enable other people to fast, I think what he attributes to the effect of his elixir, is due simply to a belief that it makes fast-ing uninjurious. It is a matter of fact that a person does feel better after a fast of forty-eight hours. It is true that a craving for food will take place in this time, because the system is in the habit of taking food but after that the sense of taking food, but after that the sensa-

"The application of all this is the en-listmen of all the intellectual faculties. A person to fast through the will power, believing it is right, would destroy the nervous system in two or three days But if there is a full belief that it can be done, without harm, one can do it easily. The trouble is the majority of people be lieve that it can't be done, and thus peo ple frighten themelves to death rather than starve to death. I never found, until I fasted, a human being-doctors or anybody else-who thought it at all probable such a thing could be done. Even now leading physicans insist that it can't be done. For years I have given the sub-ject special study, and I believe it is time now, in the renewed agitation of the sub-ject, to make the application. Either fasting is a good thing or it isn't. This is the secret that physicians, physiolo-gists and scientists have not found out

"Suppose the prejudice against fasting to be removed, what will be the practical

"It would be shown to be the greatest remedial agent known. It would be the means of killing incipient diseases and effect remarkable cures. With the prejudice against fasting wholly remov one in the enjoyment of perfect health, could fast two or three weeks without in-convenience. But if a man should fast simply as an experiment, without a full belief that he could do it, he would isll himself. My own life was saved by fast-ing. I don't look like a very sielt man now, do 18 and yet all I eat a day is a small lost of bread and some fruit, with two or three cups of coffee. (Mr. Gris-com is a large, well built man, weighing over 200 pounds, and has a ruddy healthy

"I walk five or ten miles a day, have a clear head and neverathought of hunger. I have got to prefer this way of living, and find it amply sufficient. From this I am convinced that people would be a good deal healthier if they should eat

'Are you willing to demonstrate these ideas to the public."
"I have gotten through with fasting, and had almost forgotten about my long fast until the attention now being called to the subject recalled it to me, and I would not undertake to fast again unless it should become important in the interests of science to do so. Even then I should want everything about the experiment to be thoroughly respectable and to be invited to do so by the best authority. If it seemed necessary to get at the truth, as compared with elixir business, then I would be willing to put myself entirely under scientific care for, say, thirty days' fast, regarding which physiologists might make their own conditions provided they were reputable men."-New York Mail

and Express. Picture of Paget Sound. Puget sound lies like a hand with its fingers stretching in and out of the shores that come plumply down to meet it on every side. It is a very well kept hand, neat around its edges. I never saw salt water and land agree so well before. -Kate Field's Letter.

Hugo's First Poetry. When Victor Hugo earried his first manuscript of poetry to a publisher it was handed back to him unread, "because poetry was a drug on the market." It alosa via St. L. F. S. & W. Ry.

roved to be a sorry blunder for the pub-A Reprehensible Custom Ask a man regarding what he knows, and the answer will prove satisfactory. What makes most men appear ignorant is the reprehensible custom obtaining among questioners in the practice of catechising him about things with which he is entirely unfamiliar.-Boston Trans-

When Haugings Should Take Place. Only about one-half of the governors of hanging states now observe Friday as hanguan's day. If the remainder had the sense to make a change the ill luck which still attaches to the day in many rainds would soon be dissipated. All murderers should be hung on the first of the week .- Detroit Free Press.

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